Chicken Chili

Chicken chili is sometimes called white chili. There are many styles to fix, and sometimes this style contains little, or no, tomato juice. It commonly contains noodles, as well as chicken, to reinforce the lighter color choice. In some ways, lighter colored chili is more filling in smaller amounts and often has fewer spices. A good gentle chili for people with allergies and who have recently been ill. Sometimes, this style of chili is even served cold in the summer. An easily adjustable recipe, add or subtract ingredients as desired. Gluten free cornbread or crackers also add flavor and texture.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards
- Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Chicken
- Chili Powder
- Mushrooms
- Noodles (gluten)
- Onions
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon.
Pan: 8 quart pan with lid

Ingredients:

Meat:
2 pounds of diced chicken

Vegetables:
15 ounces of chili beans
2 (15 ounce) cans of dark red kidney beans
2 (15 ounce) cans of light red kidney beans
2 (15 ounce) cans of great northern beans
Optional:
46 ounces of tomato juice
15 ounces of tomato sauce
2 cups of diced onions
2 cups of shredded cheese
1 package of noodles (gluten free)
Up to 1/2 cup of chili powder

Other ingredients:
1 teaspoon of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Chop chicken into cubes and add to 8 quart pan with lid.
2. Add:
   - 15 ounces of chili beans
   - 30 ounces of dark red kidney beans
   - 30 ounces of light red kidney beans
   - 30 ounces of great northern beans
   - Optional:
     - 46 ounces of tomato juice
     - 15 ounces of tomato sauce
     - 2 cups of diced onions
     - 2 cups of shredded cheese
     - 1 package of gluten free noodles
     - Up to 1/2 cup of chili powder
     - 1 teaspoon of salt
3. Stir frequently until mixture comes to a boil.
4. Lower temperature 1/3.
5. Cover and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.